

A sad disheartened life seem contradictory to the fruits of the spirit. Christ came not to destroy life but offers it more abundantly. He did not go about making others sorry, but made them happy by curing their diseases. He did not teach it, for his commandments are love. No man is happier than he that loves, and no man is more miserable than he that hates. Medical science peals loudly in favor of happiness and loudly denounces sadness. Dr. R. T. Trall writes: "There is not a single hygienic influence more conducive to health, happiness and long life than a cheerful, equable temper of mind: And there is nothing that will more sure'y disorder the bodily functions, exhaust the vital energies, stamp premature infirmities on the constitution, and hurry us off to an early grave than an uneven, irritable, fretful or passionate mental habit."

"Violent fits of passion will arrest, altar, or modify the various organic secretions as suddenly as will an electric shock. They may be depraved or vitiated as readily by excessive mental passion as by a drug-poison into the stomach. A paroxysm of anger will render the bile as acrid and irritating as a dose of calomel. Excessive fear will relax the bowels equal to a strong infusion of tobacco; intense grief will arrest the secretion of gastric juice as effectually as belladonna; and violent rage will make the saliva as poisonous as will a mercurial salivation. Many a nursing mother has sent her babe to the grave by indulging a furious emotion which changed her milk from a bland nutriment to a deadly poison."

Paul in Gal. v; 19-21, speaks of this dark side and connects the most awful penalty with it. Those, he says "Shall not inherit the kingdom of God." The Bible says: "He that hateth his brother without a cause is a murderer." Your brother may be an infant or a gray-haired man. He, by being hated, forsaken or neglected may not only be injured for this life but also in the life to come.

Every home should be made attractive. If we cannot make our homes attractive by the adornments of this world, we can by the Christian graces.

Let us follow a few hints extracted from Cowan on a happy life. "Let us secure a home:

1. By a faithful observance of continence.

2. By knowing that the banes of happiness are littleness, falsity, vulgarity, harshness, scolding, vociferation and issueing of impertinent interference with its general liberty and repose. That which sweetens life is refinement, high aims, great interests, soft voices, quite and gentle manners, magnanimous temper, forbearance from all unnecessary commands or dictations and general allowance of mutual freedom.

3. By keeping up good health.

4. If not happy by seeking a change of heart. Remember that a man who has a canker eating out his heart will carry it wherever he goes and if it be a canker of spirituality, whether of envy, habitual discontent or unbridled ill nature it would go with the gold and wear out all its brightness.

5. By never wrangling with others or brandy words or indulge in the least ill humor."

Let us follow these hints: let us exercise common sense, sympathy, sensibility and benevolence toward others; let us wear the garb of modesty, delicacy, cheerfulness and contentment; let us exercise a spirit of self-denial, never omitting mutual concessions and forbearance; let us observe order and system, neatness and industry, economy and frugality; let us ever exercise the true and pure that is in us and nightly let our souls join in prayer to the father of us all; let us grow out of the bad that is in us and grow into the best part of our natures; and finally go up to the mount of transfiguration and bring to earth the Kingdom of Heaven.

EASTER THOUGHTS.

BY WM. D. FURRY.

"He is risen." These are the words heard by The Three women when they reached the tomb of Jesus. They were on their way to the grave, with spices to annoint him,—to pay their last tribute of respect, and saying to each other "Who shall roll away the stone," for it was very great. But upon reaching

the sepulcher the stone had been rolled away by an unseen hand. And how often, my Christian friends, has God rolled away from before us, obstacles in our of path duty? How often have obstacles loomed up before us, which we knew of ourselves we could not overcome, but reached them only to find that they had been removed even as the stone before the grave.

What food for spiritual thoughts is there in these words, "The stone rolled away." How we love to dwell upon them; they are so full of comfort to our soul; how we love to linger about the place, even the empty tomb. We can say with Keble."

"Yet even the empty tomb is dear

For thoughts of him who late lay here."

Again how it has robbed death of all terror. Before the resurrection of Christ, few men believed in immortality, and their belief was not staunch nor intelligent. The mass of men believed that when a man died that was the end of him. It was a common custom among the Romans to pile huge heaps of stone upon the graves of their dead so as to bind them down to the only scene of their existence.

Men every where shrank with terror from the grave, and thoughts of death filled them with horror.

On Easter eve nineteen centuries ago, death rested as an immense weight upon the minds and hearts of humanity; but on Easter morn, that weight of dread and fear, those feelings of horror were rolled away, and the risen Saviour proclaimed to the world the fact of an immortal existence, that it was not all of life to live, nor all of death to die. We have the assurance that if we die with Him we shall also rise with Him.

"We shall sleep but not forever:

There shall be a glorious dawn;
We shall meet to part, no, never,
On the Resurrection Morn."

What a most glorious hope has the Christian, to know that he be raised and permitted to dwell with Him. Well can we feel as did the poet who wrote, "The soul has a hope ever dear."

We know that Christ has arisen; we know that he is interceding for us; we know that He has sent us the Comforter; why do we know it? We can't